

# PHAT CAT FIT LIFE

# *SUMMER STRONG*

## BONUS CHALLENGES



Complete Bonus challenges to earn entries into drawings for new PHAT Cat Fit Life swag!

Step 1: Complete a bonus challenge

Step 2: Post on your personal Facebook or Instagram pages (or PHAT Cat Fit Life Pride Members Only\_group), must include the following and be posted publicly to earn an entry to the drawing

- **Tag @phatcatfitlife**
- **Use Hashtags: #pcflsummerstrong #summerstrong**

### POST TO PRIDE MEMBERS FACEBOOK GROUP

- Prepare a meal using seasonal ingredients or from summer recipe guide and post a pic to PCFL Pride Members FB\_group
- Share a favorite healthy recipe to the PCFL Pride Members FB\_group
- Track your food for 1 week; Take a pic of your log and post to PCFL Pride Members FB\_group
- Support your mindset by working on your personal development - Read a book, Meditate, listen to a podcast or book and share it with the Pride by posting a pic on the PCFL Pride Members FB\_group page

Post as often as you'd like. Every post (tagged properly) will be an entry to the drawings! Summer Strong program runs through August 31, 2021.

**Questions? email [admin@phatcatfit.com](mailto:admin@phatcatfit.com)**

### POST TO YOUR PERSONAL FACEBOOK/INSTAGRAM PAGE\*

**\*POST MUST BE "PUBLIC"**

- Share a weekly summary of what you did during the week to be #PCFLSummerStrong (You can do it each week of the challenge to maximize your entries)
- Take a walk/run in a new park, on the beach on a trail and post a pic to your FB or IG
- Show us your Beach eats -what you packed to eat on the beach. Post a pic to your FB or IG Show us some Red/white/blue food; post a pic to your FB or IG
- Show us your picnic plate; make smart choices at a picnic and post a pic to your FB or IG
- Complete a live or recorded PCFL workout while on vacation, outside, in a park, with friends (basically do a workout anywhere with anyone!) and post a sweaty selfie to your FB or IG



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